

Philippians 4: [8] Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

1. Points to Ponder

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There are 2 sources from which we derive our thoughts, Satan and God.
Paul gives us a peaceful list of things to occupy our minds.
These things will replace destructive thoughts that do occupy our minds.

To "**think**" is the word "logizomai" and is a careful reflection. It is to meditate, consider or ponder.
By the phrase, "think on these things", Paul gives us a command for right thinking.
It is also to reason (Isaiah 1:18 come now saith the Lord and let us reason together).

The story is told of an Englishman that wanted to know a Yankee's secret for getting ahead in business. "I'll tell you," said the Yankee. "You should eat more fish. Fish is brain food. Give me five dollars and I'll get you some of the fish my wife fixes for me. Eat it and then see how you get on." The Englishman forked over the five dollars. The fish was duly delivered. The next day the two met and the Yankee asked whether any improvement had been noted. "Well, no," said the Englishman. "But tell me, old chap, isn't five dollars a bit high for such a small piece of fish?" The Yankee beamed, "There, now! Already your brain in beginning to work."

A. Thoughts To Be Purged From our Mind

The average person has over 200 negative thoughts per day.
A severely depressed person may have over 600 negative thoughts per day.

We must know that our life is a product of what we think.

Proverbs 23:7 For as he thinketh in his heart, so is he:

Whatever we dwell on in our minds will eventually be displayed in our life. Attitudes becomes actions.
There is nothing any of us has ever done that the decision was not first made in our minds.

What you put into the mind will eventually come out in the life.
You put garbage in the mind and that is what will come out in the life.
If we think right we will live right. If we think wrong we will live wrong.

Genesis 6:5

2 Corinthians 10:5, "Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ."

B. Thoughts To Be Practiced By Our Mind

We must guard our minds and control our thoughts.

Wholesome thinking is only possible:

1. In Christ (Verse 1,2,4 and it is our position in Christ).
2. Through Christ (Verse 7, 13).
3. By Christ (Verse 19).

Paul says, ***"If there be any virtue, and if there be any praise, think on these things."***

It is important to understand that these words are not a suggestion but a command

The word "virtue" speaks of that which is excellent in contrast to that which is cheap.

The word "praise" speaks of that which is praiseworthy.

"Thy word have I hid in mine heart, that I might not sin against thee" (Psalm 119:11)

A. Things that are True

Jn 14:6, John 17:17, Eph 4:21 in Jesus

These are things that are true in character, things that are real in contrast to that which is phony.

Genuine Sincere

(Jer 17:9 the heart is deceitful and likes to entertain untruths of this world.)

Mark 7:20-23

B. Things that are Honest

1Peter 2:12

These are things that are honorable, worthy and respectable.

C. Things that are Just

1Peter 3:18

These are things that are righteous and godly.

Deut 32:4, Isaiah 45:21, 1 John 1:9.

D. Things that are Pure

Ps 19:8

This speaks of not only a purity from sin but of motives as well.

E. Things that are Lovely

SS 5:16

This speaks of that which excites love and that which promotes brotherly love and creates agreement.

F. Things that are of Good Report Heb 11:39

This speaks of that which is praiseworthy, winsome and attractive.

Philippians 4: [9] Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.

2. Practice of Truth

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Paul encourages the believer not only to think on these things but to do them.

Be ye doers of the word and not hearers only, James 1:22.

A. The Apprehension of Truth

First the things which we have "***learned***".

Every believer is to be a learner. Every Christian is to be a student of the Word of God.

2 Timothy 2:15, "Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth."

Psalm 119:18, "Open thou mine eyes, that I may behold wondrous things out of thy law."

B. The Appropriation of Truth

One can learn truth without receiving truth. One can have a head knowledge and not have a heart knowledge. The word "*received*" means, "to bring near, associate oneself with."

1 Thes 2:13, "For this cause also thank we God without ceasing, because, when ye received the word of God which ye heard of us, ye received it not as the word of men, but as it is in truth, the word of God, which effectually worketh also in you that believe"

Hebrews 4:2, "For unto us was the gospel preached, as well as unto them: but the word preached did not profit them, not being mixed with faith in them that heard it."

The word was preached, but it did not profit them.

Why was there no profit from the preaching of the word?

The word was heard but it was not heeded. There was no appropriation of the word

C. The Apprisement of Truth

Paul writes of those things that were "*heard and seen in me, do.*"

He was saying, "You heard the truth from me. I shared with you the Word of God."

Paul was sharing of truth but he was also sowing the truth.

Paul was an example of Christian conduct and character.

Spiritual maturity is measured not by what we know but by what we do.

Paul tells us that if we will "do" those things, "*the God of peace shall be with you.*"

We will enjoy the presence of God. The God of peace will be with us

Concl: Abraham Lincoln attended the Wednesday night prayer meeting at a church close to the White House. One night a secret service agent asked "Mr. President, what did you think about the sermon?"

Mr. Lincoln said "it was brilliantly conceived, Biblically sound, relevant and well presented."

The agent said "So you think it was a great sermon."

Mr. Lincoln said "No, it failed."

The agent was confused and asked, "Why?"

Mr. Lincoln replied, "The Pastor did not ask us to do something with it."

* God wants us to put His truth into action.

Charles Colson tells the story of how he was watching the Bill Buckley television show talking about restitution and criminal justice. A few days he got a call from Jack Eckerd, the founder of the Eckerd Drug chain. He had seen Colson on the program and asked him to come to Florida. He agreed that Florida had a criminal justice crisis and wanted Colson to come down and do something about it. Colson went and they got the Attorney General of the state, the president of the senate of the Florida senate and got on Jack Eckerd's Lear Jet and went around the state of Florida advocating criminal justice reforms. Everywhere they went Jack Eckerd would introduce Colson to the crowds and say, "This is Chuck Colson, my friend. I met him on the Bill Buckley television program. He's born-again, I'm not. I wish I were, " and then sit down. They would get back on the plane and Colson would talk to him about Jesus. They would get off at the next stop and Eckerd would once again introduce Colson the same way. They would get back on the plane and once again Colson would talk to him about Jesus.

About a year went by and Colson kept talking to Eckerd. Eventually Jack Eckerd received Christ as his Saviour and was saved. Shortly thereafter, Eckerd walked into one of his drug stores and walked by the

bookshelves and he saw Playboy and Penthouse on the shelves. He'd seen it there several times before, but it never bothered him. Now he saw them with new eyes. He had been saved and was now a Christian. He went back to his office and called in his president. He said, "Take Playboy and Penthouse out of my stores." The president said, "You can't mean that, Mr. Eckerd. We make three million dollars a year on those magazines." Eckerd said, "Take em' out of my stores." In 1,700 stores across America, by one man's decision, those magazines were removed from the book shelves.

Colson called up Eckerd and said, "I want to use that story. Did you do that because of your commitment to Christ?" Eckerd replied, "Why else would I give away three million dollars? The Lord wouldn't let me off the hook."